



RICHMOND**TRI** CLUB

RUNNING FORM & TRACK CLINIC



TRR RPE Scale

Use this scale to guide the run workouts.



RPE 1-3

Easy Effort (Zone 1)



RPE 4-5

Comfortable and Controlled (Zone 2)



RPE 6-7

Focused but Sustainable Effort (Zone 3)



RPE 8-9

Strong and Hard Effort (Zone 4)



RPE 10

All-Out Effort (Zone 5)



Coaching Reminder

Match the workout to the intended effort.
Harder is not always better.





WORKOUT 1: SPEED CONDITIONING RUN

Practice changing gears within an everyday run while returning to controlled Zone 2 running between hard efforts.



1) PURPOSE

Develop the ability to change gears and run at a strong effort while maintaining control, then settle back into an easy aerobic rhythm.



2) TOTAL DURATION

Scale to current fitness

Beginner: 20–25 min | Developing: 30–35 min | Experienced: 40+ min



3) WARM-UP

5 min easy running
4 min Zone 2

- Relax into rhythm
- Keep effort controlled
- Prepare to change gears without sprinting



4) MAIN SET

Beginning at 9:00, repeat:

- 90 sec hard effort
- 2:30 Zone 2
- 90 sec hard effort
- 1:30 Zone 2
- 90 sec hard effort
- 1:30 Zone 2
- Repeat the cycle for the planned duration
- Hard efforts begin at 9:00, 13:00, 16:00, 19:00, 23:00, 26:00, 29:00, 33:00, 36:00...



5) HARD EFFORT

Zone 4 / RPE 8–9

- Strong and controlled
- Not an all-out sprint
- Change gears smoothly
- Stay relaxed as speed increases



6) RECOVERY EFFORT

All recovery = Zone 2

- Keep running between hard efforts
- Do not stop or walk unless needed
- Let breathing settle
- Regain control before the next hard effort



7) FOCUS ON

- Changing pace without sprinting
- Staying relaxed at faster pace
- Maintaining posture
- Controlling arm swing
- Returning to Zone 2 smoothly
- Running hard efforts consistently



8) COACHING REMINDER

Hard does not mean all-out. The goal is to repeatedly change gears while maintaining good running mechanics. When the hard interval ends, continue running and regain control in Zone 2.





WORKOUT 2: STRENGTH CONDITIONING RUN

Use incline changes to build strength and durability while keeping the run controlled and accessible for a wide range of athletes.



1) PURPOSE

Build running strength and durability by using changes in gradient while keeping the effort controlled and aerobic.



2) SET THE VOLUME

Scale to current fitness

Beginner: 2 rounds | Developing: 3 rounds | Experienced: 4 rounds

Add easy running after the intervals if you need more duration.



3) WARM-UP

10 min easy running

- Relax into rhythm
- Keep the effort controlled
- Prepare for changes in gradient



4) MAIN SET

Repeat 2-4 rounds:

- 1:00 @ 0.5% gradient
- 2:00 @ 3.0% gradient
- 2:00 @ 4.0% gradient
- 2:00 @ 5.0% gradient
- 1:00 @ 0.5% gradient
- Repeat for the planned number of rounds



5) PACE / EFFORT

Low Zone 2 pace

- Keep the pace constant on the treadmill
- Do not decrease pace as the gradient increases
- The intensity comes from the change in incline
- Keep the effort controlled and aerobic



6) NO TREADMILL?

Use standard hill repeats

- Run the uphill portions at the same controlled Zone 2 effort
- Jog easily back down the hill in Zone 2
- Do not walk down the hill unless absolutely necessary
- Keep moving continuously



7) FOCUS ON

- Smooth cadence
- Stable posture
- Maintaining form as incline changes
- Staying aerobic
- Constant pace on the treadmill
- Controlled downhill recovery outdoors



8) COACHING REMINDER

This is a strength-focused run, not a speed workout. Let the incline create the challenge. On the treadmill, keep the pace steady. Outdoors, recover with an easy Zone 2 jog back down the hill rather than walking.





WORKOUT 3: ALTERNATING PACE RUN

Practice changing gears during an everyday run while learning to settle back into controlled aerobic running without stopping.



1) PURPOSE

Develop pacing control and aerobic strength by changing gears while continuing to run the entire time.



2) SET THE VOLUME

Scale to current fitness

Beginner: 2 rounds | Developing: 3 rounds |

Full Workout: 4 rounds

Finish with a 5 min easy cool-down.



3) WARM-UP

5 min easy running

- Relax into rhythm
- Keep effort controlled
- Prepare to change gears smoothly



4) MAIN SET

Repeat 2–4 rounds:

- 5:00 @ Zone 2
- 5:00 @ Zone 3
- Continue running the entire time



5) ZONE 2 EFFORT

Controlled aerobic running

- Conversational and steady
- Use it to settle back into rhythm
- Recover while still moving
- Do not stop between segments



6) ZONE 3 EFFORT

Sustainable but focused

- Stronger than easy running
- Should feel controlled, not desperate
- Do not turn it into a race effort
- Maintain posture and cadence



7) FOCUS ON

- Clear gear changes
- Controlling pace
- Recovering while moving
- Staying relaxed
- Holding form
- Consistent effort across rounds



8) COACHING REMINDER

Zone 3 should feel sustainable, not like a 5K race. The goal is to clearly change gears, then regain control when you return to Zone 2.





WORKOUT 4: STRUCTURED RAMP UP RUN

Build control as effort rises by moving from steady Zone 3 work into stronger Zone 4 work while using short Zone 2 resets to regain rhythm.



1) PURPOSE

Develop pacing control and fatigue resistance by gradually ramping effort while maintaining good mechanics.



2) SET THE VOLUME

Scale to current fitness

Beginner: 1 x Block 1 + 2 x Block 2

Developing: 2 x Block 1 + 3 x Block 2

Full Workout: 3 x Block 1 + 4 x Block 2

Finish with 5–10 min easy cool-down.



3) WARM-UP

5 min easy + 3 min Zone 2

- Relax into rhythm
- Prepare for effort changes
- Keep the first minutes controlled



4) BLOCK 1

Repeat 1–3 rounds:

- 3:00 @ Zone 3
- 2:00 @ Zone 4
- 1:00 @ Zone 2



5) BLOCK 2

Repeat 2–4 rounds:

- 1:30 @ Zone 3
- 1:30 @ Zone 4
- 1:00 @ Zone 2



6) EFFORT GUIDANCE

Strong, but controlled

- Zone 3 = steady and sustainable
- Zone 4 = strong effort, not all-out
- Zone 2 resets = regain rhythm without stopping
- Build effort gradually across the workout



7) FOCUS ON

- Smooth cadence
- Stable posture
- Controlled breathing
- Clear gear changes
- Holding form as effort rises
- Returning to Zone 2 smoothly



8) COACHING REMINDER

Do not sprint the Zone 4 segments. The goal is to build effort gradually, stay composed, and keep your mechanics together as the run gets harder.

